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Bangalore Mirror

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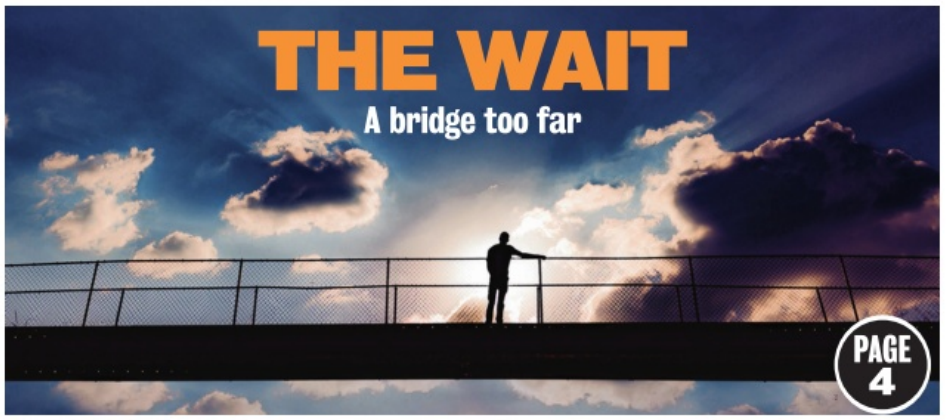

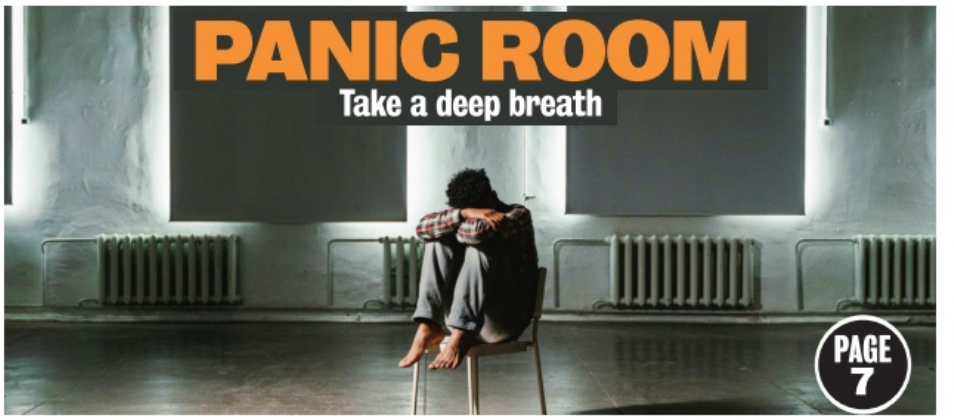

After rising instances of parking fee malpractice at metro stations, commuters urge BMRCL to integrate NCMC payments

BAT FOR MOBILITY

BMRCL began to issue NCMC in March

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Metro commuters have suggested the Bangalore Metro Rail Corporation Limited (BMRCL) integrate the National Common Mobility Card (NCMC) to parking facilities to enable payment.

This would reduce instances of private operators fleecing commuters, and prove to be convenient, as the card could be used for multiple purposes, according to passengers.

Commuters are of the view that if the BMRCL enables payment through NCMC for parking, it will also encourage them to buy NCMC.

"At present, I can only use the metro services with an NCMC. When there are already existing and convenient options like smart cards and QR ticketing, there is no incentive for me to purchase an NCMC. If the BMRCL ensured that the facility will accept payments made through NCMC, I would definitely buy one to avoid the hassle of using multiple cards," said Shambhavi, a marketing agent who's a regular on the metro.

BMRCL began to issue NCMC in March this year. However, the initiative has not witnessed a massive response despite the BMRCL taking proactive steps to phase out their closed-loop smart cards and promote the adoption of the NCMC - open-loop cards, aligned with the 'One Nation One Card' initiative, enabling interoperability across various transport systems nationwide, wherever the concept is implemented.

While NCMCs are conveniently available for purchase

CONTINUED ON PAGE 8 »

> "If they do this, with an additional guard, they can manage the parking lots
> — Sunil HP, Bengaluru resident

COVID CHECK

'Don't panic'

No need for harsh measures, says health minister as govt advises wearing of masks

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The state government and health officials have urged citizens not to be alarmed by rumours related to the covid-19 spread. Health minister Dinesh Gundu Rao clarified the situation was under control and there won't be any harsh measures even though preparedness and precautions will be stressed upon.

Rao said: "We have increased testing, particularly for those experiencing Influenza-like illness and severe acute respiratory infection (SARI). Upon receiving the test results, we will assess whether there is a rise in infections. Based on this information, we will determine our next course of action. Currently, there is no need for restrictions or punitive measures. I want to stress that the situation is not alarming to the extent of imposing restrictions on people's movement. Presently, everything is well-managed; we are monitoring

CONTINUED ON PAGE 8 »

3 THINGS TO DO

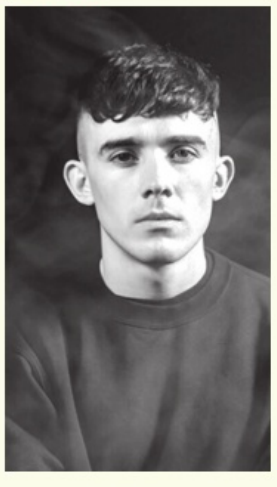
01 Jazz proof

Waiting to spend your Friday amazingly? Don't miss the opportunity to attend an enchanting fusion of live jazz at one of the happening places in the city. The popular Chronic Blues Circus is all set to present their compositions and bring soulful live jazz music and covers with their talented musicians.
Where: The Drawing Room at Smoke House Deli, 1209, 100 Feet Road, HAL 2nd Stage, Indiranagar
When: Friday, December 22; 8 pm onwards

02 Dance twist

Matangi Nrithyakshetra presents a Bharatanatyam dance drama, Swargade Shaale, which will be performed by students aged between 5 and 15 years of age. This unique drama is about the childhood of goddesses Saraswathi, Lakshmi, Parvathy, Vishnu, and Shiva, who go to school to work on their skills and learn their duties to become gods.
Where: ADA Rangamandira
When: December 22; 6 pm

03 Techno sound



This season, get ready for an electrifying night as the sensational DJ Massano takes the stage in the city. Known for his mesmerising melodic techno beats, Massano is all set to take you to another dimension. He has shared stages with luminaries like Stephan Bodzin, Tale of Us, and more.
Where: Magique, Koramangala
When: December 21; contact: 9945360236

Confirm it, please!

State Government PU College Guest Lecturer Association members demand that their jobs be made permanent at a protest at Freedom Park, on Monday

Trees under pressure

KMF applies to forest dept to request removal of 731 trees in Yelahanka; environmentalists call onslaught on vegetation patches worrying trend

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Karnataka Cooperative Milk Producers' Federation Ltd (KMF) has submitted an application to the Karnataka Forest Department (KFD) for the removal of 731 trees in Yelahanka. Permission has been sought for the construction of a pouch film plant on the premises of the animal feed centre.

According to KMF, trees are obstructing construction activity.

In response to the application, KFD has put out a public notice inviting objections. While the majority of the trees proposed for felling are Nilgiri and teak, other species such as rain trees, neem, and nerale are also included.

City-based environmentalists say vegetation cover on the outskirts acts as green lung spaces for the ever-expanding city. However, these patches too are undergoing an onslaught, and it is a worrying trend.

KFD has put out a public notice inviting objections

"Such development projects must only be allowed if there is no alternative available. While we have removed and are removing all vegetation cover from within the city for various development and infrastructure projects, the outskirts are expected to be greener, so they act as shock absorbers. However, if they start getting used to it too, it is a worrying trend. While the majority of the trees proposed to be felled in public notice are Nilgiri trees, there are many other species, and they must be saved," said Dattatreya Devare, trustee of Bangalore Environment Trust.

> **"Such development projects must only be allowed if there is no alternative available. While we are removing all vegetation cover, the ouskirts are expected to be greener** –D Devare

Every tree is important and irreplaceable. There is a weekly onslaught of green spaces in and around Bengaluru, and the need of the hour is to consider whether additional construction activities should be allowed in such open spaces, he added.

Interestingly, some of the trees proposed for felling have a girth of over 5 metre.

Principal suspended for making kids clean soak pit

The principal and two staff members of a school in Kolar district were suspended over allegations that some students were made to clean the soak pit on its premises, officials said on Monday.

Based on the complaint filed by the Joint Director of the Social Welfare Department, two separate FIRs were registered on Sunday. The first FIR was in connection with the soak pit incident in which the school principal was arrested, while the other one was related to the POCSO Act in which a teacher was arrested, they said.

"The school principal was arrested since it was in her presence that some students were made to allegedly clean the soak pit. In another case, a male teacher was arrested in connection with a POCSO case booked against him," a senior police officer said.

Following the arrests, three other employees of the school named in the FIR were found absconding.

According to officials, as per a preliminary inquiry, some students of classes 8, 9, and 10 at Morarji Desai School at Yaluvahalli in Malur taluk were allegedly forced to clean a soak pit on the school premises on December 1.

However, the matter came to the notice of the Karnataka Residential Educational Institutions Society (KREIS) and other higher authorities only on Sunday after purported pictures and video of the incident were circulated through social media platforms. **–PTI**

Machete-weilding robbers on the loose

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In a harrowing incident near Baiyappanahalli Metro Gate B on Sunday, a group of three miscreants on a scooter attacked and mugged four friends heading to Nandi Hills. Armed with a machete, the attackers attempted to steal a bike, resulting in a confrontation where one of the victims was bruised on the stomach by the machete.

The incident took place on December 17 at 3:30 am when the four victims were on two bikes riding towards Nandi Hills.

The miscreants, aged between 18 and 25 years, first tried to attack the rider in the front, resulting in people falling from the bike on each side, and hence the people on the second bike who were following their friends had to stop too.

"Two of them held the bike on each side, and the one with a machete threatened us and tried to take the key, but my friend somehow managed to shake them off and escape. They swung the machete and scratched the passenger on his stomach on the right side, and the other two fell to each side, of which one of them fell to our bike," one of the victims told Bangalore Mirror.

He said they were a few metres behind initially but reached there by then, and also fell down. "They turned to us; we tried to run; one ran behind me, and two caught my friend and threatened him asking him to give all his money. Then the one running behind me returned to them, and I did too, but I didn't have the courage to walk on and stayed a few metres away," he said. The victim's friend was later robbed of Rs 1,100, and then both were assaulted. They then beat him down, got on the scooter, and rode towards the victim.

"I tried to escape by running back and forth, but one of them got off the scooter and beat me down. They checked me; I didn't have any money. The one in the white t-shirt beat me with something on the forehead, and then with his hand, he said curse words in Hindi and Tamil. Then I rode off in the Old Madras Road direction," he added.

A suspicious bystander on a bike later inquired about the incident and asked the victim if he remembered the bike's number, raising concerns about possible involvement. The victims, shaken but safe, are now planning to file an FIR with the police regarding the case.

Fog fallout: 8 vehicles caught in pile-up

Heavy fog caused a series of collisions involving numerous cars on airport road near Doddajala. Approximately eight vehicles were involved in the pile-up, with impaired visibility due to dense fog being a significant contributing factor. Occupants of the vehicles escaped with minor injuries, and no fatalities were reported. Prompt response from authorities, particularly the Chikkajala traffic police, aimed at clearing the road and addressing the traffic disruption caused by the incident, was appreciated by road-users.

Parking at bus stop: Case against 5,171

The Bengaluru Traffic Police (BTP) have registered 5,171 cases against those who have parked their vehicles at Bangalore Metropolitan Transport Corporation (BMTC) bus stops this year. In 2022, 8,870 cases had been registered for parking at BMTC bus stops. Motorists have called on the BTP to up their enforcement drive with regard to parking at BMTC bus stops.

Private vehicles taking over bus stops for parking leads to BMTC buses stopping at a different spot for passengers to alight and board, disrupting smooth flow of vehicles and causing traffic snarls. The phenomenon has become a frequent sight across the city, with many calling out the issue on social media.

On the other hand, motorists have also called out BMTC drivers who do not stop at designated bus stops despite the stops having adequate space. Both the practices need to be strictly scrutinised for the issue of BMTC buses stoppage causing traffic snarls to be solved, citizen say.

"BMTC must ensure that all their drivers receive training and abide by stopping at the designated bus stop while the BTP must ensure that the bus shelters are free of encroachment with regular enforcement drives," said Raman, an IT employee who frequently uses BMTC services.

He also added that the municipal body Bruhat Bengaluru Mahanagara Palike (BBMP) must ensure that their road design incorporates pedestrian pathways that are caved in close to the bus shelters as the space can be used for buses to stop comfortably, without causing any effect on other vehicles in the surrounding. **BMB**

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Traffic chaos continues as bridge construction halted

Residents of Bellandur express concerns as incomplete project, halted due to payment disputes, leads to traffic bottlenecks and safety hazards

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Construction of the Bellandur-Kodi bridge began in September last year to address traffic congestion and alleviate flooding issues. However, the project remains incomplete, with the contractor halting work due to payment disputes. Residents are expressing growing concerns about the unfinished bridge, which is leading to traffic bottlenecks. Additionally, debris at the construction site is also left unattended.

In 2022, heavy rains caused significant flooding near the bridge, exacerbated by narrow vents that hindered the smooth flow of rainwater. To address this, the construction of the bridge was aimed to widen it to 30 metres and increase the size of the underground lines. Unfortunately, progress has been limited, with only 18 metres of the bridge completed so far, leaving the remaining 12 metres unattended.

Construction debris at the site left unattended

> **After the elections, it paused and restarted a few months ago, adding another six metres. However, there's been no progress for over three months now**
>
> –Clement Jayakumar, Mahadevapura task force

Clement Jayakumar, a member of the Mahadevapura task force, revealed that the bridge was initially scheduled to be completed within three months. However, it has now been more than a year since the construction began, and the project remains unfinished.

"The contractors stopped the work because they haven't received full payment. Despite our efforts to resume the work, there's been no positive response. The incomplete bridge, currently at 18 metres, is being used by people for commuting, causing slow traffic and a bottleneck. We urgently need the work to be completed. It began last year, and initially, a 12-metre section was built. After the elections, it paused and restarted a few months ago, adding another six metres. However, there's been no progress for over three months now," he explained.

The bridge is being constructed near the exit of Bellandur Lake. It serves as an alternative path for people to reach the Outer Ring Road at Kadubeesanahalli, potentially reducing traffic at Marathahalli.

A resident mentioned, "There is no boundary wall to cover the construction, and it poses a risk to the public. Even during light rain, though there is no flooding currently, it leads to water accumulation and makes the road slippery with mud. Commuters face a lot of issues daily and need an immediate fix."

When BM tried contacting the SWD department of Bruhat Bengaluru Mahanagara Palike, they were unresponsive for a comment.

Birthday well spent with animal friends

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TWEETS @BangaloreMIRROR

Rashmi D'Souza celebrated her birthday meaningfully by forgoing the traditional cake-cutting and sweet distribution. Instead, she, along with a group of students, visited the CUPA Large Animal Rescue & Rehabilitation Center. On her special day, Rashmi chose to provide vegetables and biscuits to rescued animals and stray dogs, highlighting her commitment to animal welfare. This unique celebration not only contributed to the well-being of the animals at the centre but also aimed to create awareness among the students about the importance of caring for stray animals.

"I used to visit an animal rehabilitation centre to celebrate my birthday. I took a few students with me to the CUPA Large Animal Rescue & Rehabilitation Centre. They were very happy to see so many rescued animals. The need of the hour is to inculcate kindness towards animals among the students. I thought a visit to the animal rehabilitation centre would be apt for the students," said Rashmi D'Souza.

Students at CUPA Large Animal Rescue & Rehabilitation Centre

She suggested schools arrange visits to animal rescue and rehabilitation centres instead of organising picnics and tours for the students. "The students that accompanied me were in awe to see so many animals at the rescue and rehabilitation centre," she said.

Narrating their wonderful experience, the students said that it was the first time they visited an animal rescue and rehabilitation centre. "I am very happy and lucky to have such an opportunity. I have decided not to hurt stray animals and not to provoke stray dogs. I felt sad when saw a three-legged dog," said Hussain B, a 9th-standard student.

Munesh Kunar, a 9th standard student, said the visit made him realise the importance of feeding stray dogs. "I gave vegetables to animals and biscuits to dogs. I will be friendly with stray animals in future," said Munesh Kumar.

Thanking Rashmi D'Souza for organising the trip to the animal rescue and rehabilitation centre, Vijayendra R, a 9th-standard student, said that he would celebrate his birthday on April 14. "I will supply vegetables, fruits, and biscuits to the rescued animals on my next birthday," said Vijayendra.

Naheed Server, Administrator of St. Peter's School, said that he appreciated Rashmi D'Souza for arranging funds to purchase cucumber, carrots and jaggery from KR Market. "We made arrangements to wash vegetables before sending them to the animal rescue and rehabilitation centre. I am very happy to help Rashmi D'Souza to procure vegetables from the KR Market. It gives me immense pleasure," said Naheed Server.

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Dumping ground
Chikkabidarakallu

The stretch from Chikkabidarakallu Metro Station to Manjunath Nagar Metro Station has transformed into a dumping ground, demanding urgent attention from the Nagara Palike.

Dangerous junction
Indiranagar

There is an imminent risk of an accident due to the poor road condition at the junction of Krishna Temple Road in Indiranagar, persisting for over 5 months.

Mosquito menace
Kacharakanahalli

Garbage has been accumulating in Kacharakanahalli Park for a month, emitting a foul odour and attracting mosquitoes, leading to the potential spread of diseases.

Not quite closed: Number plate controversy

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It seems the Halasuru Gate police have different yardsticks for common men and influential people. If the closure of a complaint against Retired District Judge Patil Nagalinganagowda, a judicial member of the Karnataka Land Grabbing Prohibition Special Court, is anything to go by, it seems Halasuru Gate Police are not interested in taking suitable action as per the law.

It has been learned that the Halasuru Gate Police have closed the complaint lodged by MN Venugopal, president of the Karnataka State Tourism Development Corporation Employees' Association, for allegedly misusing the Karnataka State emblem and nameplate.

"The complaint is closed as the retired judge sent an apology letter through his driver to the police station," said Police Sub-Inspector Hanumanthaiah Bajantri.

It is said the retired judge has installed the Karnataka State emblem and name board on his private vehicle bearing the registration number KA01 MV 009. The complaint was lodged on September 4, and the police registered a non-cognizable report (NCR) on the same day.

Social activists also visited Halasuru Gate Police Station and demanded the police act against the retired judge for misusing the Karnataka State emblem.

Bangalore Mirror published a story, Driven by controversy, on September 6, narrating how the retired judge misused the State Emblem and how he regretted the goof-up.

Meanwhile, social activists have expressed displeasure over the delay in taking action against the retired judge. "I expected the police to summon the retired judge to the police station, but it seems the police gave instructions over the phone to remove the state emblem. I am of the opinion that police are not ready to take action against the people of the elite class as per the law," said HM Venkatesh of Naija Horatagarara Vedike.

It is said that the retired judge has installed the Karnataka emblem and name board on his private vehicle

Expressing a similar opinion, Lokesh BS, a law student, said the police should have registered an FIR against the retired judge. "The retired judge has shifted the blame on his driver for fixing the state emblem on his private car. I want Halasuru Gate Police to register a FIR against the retired judge and take legal action as per the norms," said Lokesh.

MN Venugopal, the complainant, told BM that the Halasuru Gate Police Station Sub-Inspector did not inform him about the closure of the complaint against retired district judge Patil Nagalinganagowda. "I expected the police inspector to register an FIR on this issue, but I came to know that the complaint was closed without intimating me," he said.

Patience in progress: This flyover unfolds

Peenya flyover project reaches 70 per cent completion; experts say issues such as limited workspace within bridge and difficulties in inserting new cables have caused delays

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The Peenya flover, one of the city's longest, features 120 piers and a total of 1,200 cables

Will the Peenya flyover be open to heavy vehicle traffic in January? Sources indicate that the relaying of 240 prestressed cables between 120 pillars is in progress, with overall work reaching 70 per cent completion. The Peenya flyover, one of the city's longest, features 120 piers and a total of 1,200 cables, with 10 cables between two pillars. As a precautionary measure, there is an option to add two more cables between the pillars. The plan is to relay 240 prestressed cables, allowing heavy vehicles to ply on the flyover.

Sources suggest that this work may be finished by mid-January. Currently, three teams are engaged in cable laying, and once the 240 cables are laid, all 1,200 cables will be replaced in phases, requiring an additional year.

Meanwhile, there is a growing demand to finish the flyover work as soon as possible.

"With the closure of the flyover for heavy vehicles, the road beneath is seeing heavy traffic. In fact, the eight-mile junction, which is considered the main entry point for the city on Tumakuru Road, is seeing heavy traffic. During peak hours, the traffic piles up to almost half a kilometre in all directions (Hesaraghatta Road, from the city, and from Nelamangala sites). Many times, we require more than 10 minutes just to cross the eighth-mile junction," said T Harish Kumar, a resident of Rukmini Nagar.

Worse, there are traffic signals at the Dasarahalli and Jalahalli Cross, and hence, travelling on this stretch is very stressful. Commuters hope that once the flyover allows heavy vehicles, then the road beneath the flyover will be decongested, he added.

Sudha Rani, a resident of T Dasarahalli, said, "We want the experts to do a thorough job this time. More than two years have passed, and we have been suffering with heavy traffic. We don't want any more closures in the future, and hence the authorities should ensure that the works are done properly."

Repairs on the Peenya flyover, following IISc recommendations, have been ongoing for the past four months. Despite the initial plan for full traffic access after nearly 20 months, authorities have missed the deadline and now expect completion by January.

An expert noted, "Work is progressing, but various issues have caused delays, including limited workspace within the bridge and difficulties in inserting new cables. Weather conditions, including rain, have also posed challenges. Once completed, full traffic will be allowed."

The current phase focuses on adding 240 prestressed cables to the existing 120, enhancing the flyover's strength. Closed in December 2021 due to poor prestressed cable conditions, the flyover reopened in February 2022 with heavy vehicle restrictions. An expert committee identified cable corrosion, leading to plans for replacement with epoxy-coated ones in the second phase. The repair cost was estimated at Rs 13 crore, with overall completion expected by 2025. However, full traffic is now projected to resume only next year. The 5-kilometre-long Peenya flyover, connecting Goraguntepalya to Nagasandra Metro station, has been closed since the end of 2021. Its closure significantly disrupts traffic, impacting emergency services and causing daily traffic jams at key junctions.

> **"We want the experts to do a thorough job this time. More than two years have passed, and we are still suffering** –Sudha Rani

IN BRIEF

Police to conduct drug awareness initiatives

The Karnataka Director General and Inspector General of Police, to further boost the action against narcotics and drugs in the state, have directed all the Commissioners of Police and District Superintendents of Police in the state to take up a massive public awareness programme against the use of drugs and the ill effects of drugs and narcotics, as per a press note.

"Officers from the rank of Police Sub-Inspectors (PSIs) up to the rank of Superintendent of

Police to visit schools and colleges on December 20

Police/Deputy Commissioners of Police (SPs/DCPs) shall visit colleges and schools in their jurisdiction and conduct an awareness programme on December 20," the press note stated.

"In this regard, presentations, skits, debates, talks, etc. shall be organised in schools and colleges to raise awareness about the ill effects of drugs and narcotics, etc. Karnataka State Police remains committed to making the state free from drugs and narcotics," the note added.

According to the Karnataka State Police's official website, the vision of the Karnataka State Police is to "uphold the law and the rights of all people for a safe and secure environment conducive to their internal and external growth and development. Towards this end, we set for ourselves the following objectives."

ANI

File photo of recovered drugs

City faces groundwater depletion

Rapid urbanisation, agricultural practices, and lack of effective policies contribute to a concerning decline in groundwater levels

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90 per cent of Karnataka taluks face deep groundwater decline

The recent groundwater level fluctuation report by the Karnataka Groundwater Directorate has highlighted that when compared to November last year, the groundwater level in eight out of nine taluks in Bengaluru's urban and rural districts has dropped drastically this year.

Barring Bengaluru East, groundwater levels in the rest of the four taluks in Bengaluru urban, namely Bengaluru South, Anekal, Bengaluru North, and Yelahanka have receded a drop of more than four meters below ground level. All four rural taluks - Anekal, Doddaballapur, Devanahalli, and Hoskote - have also experienced a notable decline in the water table.

This drop is also seen in nearly 90 per cent of the taluks across Karnataka. As per the report, the groundwater level has recessed by more than 4 meters in 210 out of 236 taluks compared to last year. According to the report, the groundwater in most of the taluks is now available at 20–30 metres below ground level. In Bengaluru East and Anekal, it is reachable at 30–40 metres below ground level.

Experts say rapid urbanisation, clubbed with a lack of awareness about soil ecology, chemical-intensive agriculture practices, and lack of action against commercial exploitation of groundwater by authorities concerned are prime reasons behind the declining trend of the groundwater table.

"Many countries today are pondering over the concept of sponge city. However, we had a perfectly well-functioning sponge city and we destroyed it. There is no understanding of soil ecology among farmers and agencies such as the Karnataka Ground Water Authority (KGWA) and the Minor Irrigation Department. We are destroying our water security due to this lack of understanding. Moreover, departments responsible for conserving water resources mostly are of a conventional engineering mindset, unable to look at the sustainability way," said Sandeep Anirudhan of Namma Whitefield.

Experts say while the Karnataka Water Policy for effective management of water was brought in and approved by the state cabinet in 2022, its implementation still appears to be a distant dream.

"The Karnataka Water Policy 2022 revolves around the issue of overexploitation of groundwater and talks about mechanisms to collect excess water during flood for future use. It is a sound policy covering aspects such as rejuvenation of groundwater table and holistic healing of wetlands. However, it is yet to see light of the day," added Anirudhan.

> **Many countries today are pondering over the concept of sponge city. However, we had a perfectly well-functioning sponge city and we destroyed it**
>
> —Sandeep Anirudhan, Namma Whitefield

They opine there is a need to shift from a supply approach to a demand management approach, which will play a critical role in reaching groundwater sustainability.

"In many parts of Karnataka and even in Bengaluru, borewells are being dug in areas that do not require them. For instance, while rainfall and open wells should suffice the water needs of Coorg, borewells are mushrooming even in this region. Departments responsible for the conservation and management of groundwater should initiate talks around demand management. While banning borewell digging is one way to go about ensuring judicial use of groundwater, it has to be followed up with information about different avenues and awareness about depleting groundwater table," said Shubha Ramachandran, water team lead at Biome Environmental Trust.

IN BRIEF

NAMAN: A holistic mental health initiative

The National Institute of Mental Health and Neuro Sciences (NIMHANS), in collaboration with the Ashraya Hastha Trust (AHT), the Department of Health and Family Welfare of the Government of Karnataka, and Uttarakhand, launched the NAMAN programme on Monday.

The vision of NAMAN is to implement a comprehensive taluka-level mental health programme that incorporates mental health promotion, preventive strategies, treatment of mental disorders, and rehabilitation.

The Comprehensive Mental Health Action Program for Rural Communities aims to address the mental health needs of the entire population in two taluks – Belur taluk, Hassan district, Karnataka, and Munsiyari taluk, Pithoragarh district, Uttarakhand.

The NAMAN programme envisaged over a three-year horizon, is poised to become a paradigm for holistic mental health intervention and to strengthen rural mental health services in the state.

Dr Pratima Murthy, the head of NIMHANS, explained NAMAN's big picture, focusing on mental health in various ways—promoting mental well-being, preventing issues, providing treatments, and aiding in recovery. The selected areas will be hubs for a broad mental health plan, aiming to help people of all ages in those regions.

— BMB

BM Trippin' Tales

Dangerous risks at favourite water destinations

As the year comes to an end, and people look for places to celebrate, it's crucial to be aware of potential dangers at water spots. In this cautionary note, we highlight the risks associated with these popular yet perilous locations. While water destinations are often favoured by tourists, the lack of safety measures is a significant concern. Incidents of individuals disappearing in the water, as witnessed on Goa beaches, emphasise the need for lifeguards. Unfortunately, many of these places lack even basic safety features such as railings or warning boards, underscoring the importance of staying vigilant in such areas.

Dabbaguli

Situated in the Melagiri range of the Eastern Ghats, Dabbagauli has unfortunately been the site of tragic incidents as individuals drown in the swift currents of the Cauvery. The river bed narrows at certain points, making it particularly precarious. Local visitors have noted the presence of crocodiles, further heightening the risks associated with swimming. Given that it's not a typical tourist spot, there might be no one in the vicinity to assist in case of an emergency. The absence of signboards or guides emphasises the need to appreciate nature without risking unnecessary interactions.

Manchanabele

Manchanabele, a favoured spot for Bangaloreans, hides potential dangers. Roadside sitting risks mugging, and entering the water raises drowning threats. Annually, over a hundred deaths occur due to deceptive backwaters that appear calm but are deep and slippery. Once in the water, emerging becomes challenging, and the lack of assistance amplifies the danger.

Shivanasamudra

Shivanasamudra, including Gaganachukki and Bharachukki waterfalls, lacks security measures. The absence of railings puts tourists at risk, and those exploring the forest face unmonitored dangers. Especially in the evenings, as daylight diminishes, Shivanasamudra becomes a potential death trap.

Muthathi/Sangama

Muthathi is a notorious riverbed where numerous drownings of Bangaloreans have occurred. Despite the apparent stillness of the Cauvery waters, strong undercurrents pose a threat. Additionally, many visitors consume alcohol before entering the water, contributing to fatalities. Signboards displaying drowning statistics exist, but there are no restrictions preventing tourists from entering perilous areas.

Why do people drown

People tend to drown at these locations when visitors underestimate the strength of the current. According to experts, regardless of one's swimming skills, venture into the water without assessing the current's strength. Panic sets in, leading to nervousness and being swept away by water. The advice is clear: whether you know how to swim or not, it is advisable to refrain from entering the waters.

—Sridhar Vivan

HEALTH TIP: Onions contain a good quantity of potassium that can help keep your blood pressure in check

Beetroot is a good source of calcium, which helps prevent osteoporosis and maintain a healthy metabolism

BangaloreMirror | 7
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TAKE A DEEP BREATH

Understanding panic attacks for effective management

Astonishingly, the global incidence of panic attacks has increased by 55% from 1990 to 2019. Today, approximately 4.05% of the global population suffers from some kind of anxiety disorder (Javaid et al., 2023). To add to these figures, panic attacks can occur out of the blue, affecting anyone, anywhere. Individuals mostly report feeling as if they are getting a cardiac attack and seek cardiological intervention, as the fear of dying and the thought of 'going crazy' go hand in hand with a panic attack. Dr Rupika Dhurjati, consultant psychiatrist, Sukoon Health, explains various aspects related to these matters.

What Is A Panic Attack?

A panic attack is a sudden and overwhelming surge of intense fear or extreme discomfort that typically reaches its peak within a matter of minutes. During a panic attack, individuals may experience a range of distressing symptoms, such as palpitations, profuse sweating, shaking, feelings of being smothered, a choking sensation, discomfort in the chest, nausea, light-headedness, chills or heat sensations, numbness or tingling in various parts of the body. The individual might also feel disconnected from reality (derealisation) or detached from oneself (depersonalisation), etc.

Panic Attacks Vs. Panic Disorder

Panic Disorder (PD) is characterised by recurrent, unexpected panic attacks that occur without a clear trigger. Hence, not all panic attacks meet the criteria for a panic disorder nor do all lead to the condition.

It is possible for an individual to experience panic attacks when confronted with known triggers (Expected Panic Attacks), such as heights or closed spaces.

It can occur in isolation as a result of stressful events, situations, or overwhelming circumstances in their lives. For instance, an individual might experience a panic attack on hearing about the loss of a close friend. As they grieve through the loss, they might not experience the condition again.

Panic attacks can frequently occur in the background of other mental health conditions such as Generalised Anxiety Disorder, OCD, depressive disorder, and even personality disorders.

When the recurrent attacks are caused as a bodily response to a substance consumed (like recreational drugs or medications) or another medical condition (hyperthyroidism), they won't be considered as Panic Disorder.

What Causes Panic Disorder?

Neuroimaging studies show that the fear circuit of the brain, particularly the part called the amygdala, which processes emotions such as fear and anxiety, is overactive in people with panic disorder. Current understanding also suggests that abnormalities in the hypothalamic-pituitary-adrenal (HPA) axis, which controls the body's stress response, may be involved in the development of panic disorder. However, further research is needed to fully understand the neurobiological mechanisms underlying panic attacks and panic disorder.

Treatment Options

Therapeutic interventions offered by mental health professionals are crucial for managing panic attacks. Cognitive Behavioral Therapy (CBT) and Psychodynamic Therapy have proven roles in helping patients deal with thoughts of intense fear. Relaxation techniques, which incorporate mindfulness practices, meditation, and emerging therapies such as Virtual Reality also demonstrate substantial evidence in reducing the symptoms of panic and aborting the attack early.

Oftentimes, these attacks can be so severe that an individual might feel too incapacitated to make use of a psychological intervention or relaxation techniques. In such instances, medications are effective in relieving these acute symptoms. Medications can also help in improving mood and reducing anxiety, when panic attacks occur in the background of other disorders like depression or other anxiety disorders.

Prevention

According to mental health professionals, the frequent presentation of those suffering from panic attacks does not meet the criteria for panic disorder. For recurring unexpected panic attacks to be diagnosed as a panic disorder, they must be associated with more than a month of persistent worry about:

Having another attack, or going through the aftermath of an attack, like losing control, worrying about having a heart attack, or worrying about dying; and

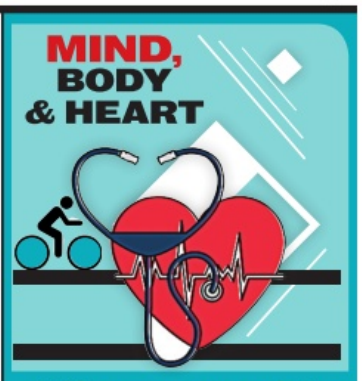
Significant changes in behaviour due to the attack. These might include, for instance, quitting a job or avoiding social events

Getting timely help and managing a panic attack effectively can prevent this disruptive mental state. These strategies involve seeking regular treatment, identifying the underlying causes of these attacks, incorporating healthy lifestyle changes, and educating patients and their families about this condition.

Follow these lifestyle tips to help prevent panic disorder:

- Regular exercise, having a fixed sleep schedule, timely intake of nutritious meals, can help people manage their symptoms better.
- Stress management.
- Getting 8 hours of restful sleep.
- Decreasing coffee / tea intake; avoiding these beverages 6-8 hours before bed.
- Having a routine, both for mornings and evenings.
- Sunlight exposure.
- Spending time in nature.
- Spending quality time with friends and family.
- Setting aside time for pursuing hobbies.
- 15-20 minutes of moderate activity daily, like brisk walking.

—Femina



All you need to know about...

CT scan risk

Increased risk
Computed tomography (CT) scans are associated with an increased risk of blood cancers in children and young adults, according to a study published in the Nature Medicine journal.

Youngsters in danger
The European Pediatric CT (EPI-CT) study, involving nearly a million patients, reveals that the radiation from these scans, which use X-rays and a computer to create detailed images of the inside of the body, might be putting youngsters at risk.
A team led by researchers at Pompeu Fabra University, Barcelona, Spain found that there is a clear link between the radiation doses from CT scans and a higher risk of blood cancers, both lymphoid and myeloid.

Even at low doses
The risk starts at doses as low as 10–15 units. That's a wake-up call for anyone who thought those CT scans were harmless, the researchers said.
Contrary to previous beliefs, the EPI-CT study found an increased risk of Hodgkin's lymphoma (HL), especially in the younger age groups. This demands more attention and deeper dives into the data on CT scans, the researchers said.
"In terms of absolute risk, among 10,000 children who receive such an examination today, we expect about 1.4 cases due to CT radiation during the 12 years after the examination," they said.

Benefits of CT imaging valid, but action urged
The study acknowledged the benefits of CT imaging in patient management, for diagnostic efficacy, treatment planning and follow-up, are undisputed.
The research doesn't just point fingers, it urges action, the researchers said.
From rethinking the necessity of CT scans to ensuring that radiation exposure is kept as low as possible, the implications are clear, they said. **—PTI**

Dhanush Gowda in Indian team for Under-19 World Cup

Following in the footsteps of Manish Pandey in 2008, Mayank Agarwal in 2010 and Aneeshwar Gautam in 2022, Karnataka and Bengaluru's immensely talented right-arm medium pace bowler Dhanush Gowda has made the cut to the India Under-19 squad for Under 19 Tri-series in South Africa and the India Under-19 squad for the Under-19 World Cup.

The BCCI Junior selection committee selected India's Under-19 Men's squad for the Tri-series in South Africa and the upcoming ICC Men's U19 World Cup, 2024. The Tri-series between India, England and South Africa commences on December 29, 2023 with the final scheduled to be held on January 10, 2024.

Post the Tri-series, the India Under-19 team will begin preparations for the ICC Men's Under-19 World Cup which begins in South Africa on January19, 2024 with the final billed for February 11, 2024 in Benoni, South Africa. India are in Group A along with Bangladesh, Ireland and USA and begin their Under-19 World Cup campaign on January 20, 2024 against Bangladesh in Bloemfontein. India then play their next two group fixtures against Ireland and USA on January 25 and 28, 2024 respectively.

Dhanush Gowda is part of the India Under-19 team which is presently participating in the Asian Cricket Council's Under-19 Asia Cup tournament which commenced in the United Arab Emirates on December 8 with the final billed for December 17, 2023.

He was selected to play for the India D team in the Men's Under-19 One Day Challenger Trophy in Guwahati. He has also represented India B in the Men's Under-19 Quadrangular Series in Vijayawada. India A, India B, England and Bangladesh were the teams in the fray. Dhanush Gowda had figures of 7.1-0-32-5 against Bangladesh which won him the Player of the Match award.

He bagged 1 for 79 against India A in the first match and 1 for 46 in the return fixture. In the three matches that he played, Dhanush Gowda claimed seven wickets and placed among the top ten bowlers of the tournament. His performances have culminated in the young bowler being selected for the India Under-19 team for ACC Men's Under-19 Asia Cup.

His immense talent and fine performances has now earned him a call-up for the India Under-19 team not just for the Under-19 Tri-Series but also for the Under-19 World Cup cricket tournament.

Given his talent and willingness to work hard, Dhanush Gowda has a very bright future ahead of him and this is only the beginning of greater things to come.

–SS Shreekumar

The India Under-19 squad:

Uday Saharan (Captain, Punjab), Saumy Kumar Pandey (VC, MP)Arshin Kulkarni (Maharashtra), Adarsh Singh (UP), Rudra Mayur Patel (Gujarat), Sachin Dhas (Maharashtra), Priyanshu Moliya (Baroda), Musheer Khan (Mumbai), Aravelly Avanish Rao (WK, Hyderabad), Murugan Abhishek (Hyderabad), Innesh Mahajan (WK, HP), Dhanush Gowda (Karnataka), Aaradhya Shukla (Punjab), Raj Limbani (Baroda), Naman Tiwari (UP).

Traveling standby players for tri-series: Prem Devkar (Mumbai), Ansh Gosai (Saurashtra), Md. Amaan (UP). Back-up players: Digvijay Patil (Maharashtra), Jayanth Goyat (Haryana), P Vignesh (Tamil Nadu), Kiran Chormale (Maharashtra).

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CHANGE OF NAME

I, K. C. Gyanana Gowda @ K G Gowda Residing at No. 8, 1st Cross, 1st Main, Near Gurusri Vidyakendra, Gangamahima Layout, Doddabidarakallu, Nagasandra Post, Bengaluru 560073 have changed my name to KARABASAPPA S/o. Chandappa Gyananagowda vide affidavit dated 15.12.2023 Sworn before notary: Chandrakala, Bangalore

I Shankar N.S/o Namashivayam R/a.216/D 6th Cross,1st Main, Prakashnagar, Bengaluru-560021 Have Changed My Daughters Name From ANUSHREE.S to ISHA.S due to astrologer, vide affidavit dated 5-12-2023 Sworn before Notary G. Dayananda, Bangalore. Henceforth she will be called as ISHA.S only.

I, Pritam Pawan R/o G242, 2nd cross HAL QTRS OTS Vimanapura post, Bangalore 560017. My name in my 2nd PUC and 10th class record is mentioned as PRITAM PAWAN D. So PRITAM PAWAN and PRITAM PAWAN D belongs to one and the same person i.e PRITAM PAWAN for all future purpose.

I, Devaraj Lingaraju S/o Lingaraju A T R/o No.798, SRS Road, 4th cross, Peenya 1st stage, Bengaluru 560058 have changed my name to DEVARAJU LINGARAJU affidavit Dt.18/12/2023 notary Harisha G, B'luru

I, Bhushan Mydala Shiva Prasad S/o Shiva Prasad Mydala Nanundaiah, No 21-8, Vinayaka Krupa 3rd E Cross 18th main Btm 2nd Stage B'lore-560076 Have Changed My Name To Bhushan Shiva Prasad Maidala vide Affidavit Dt:18/12/2023 before notary B S Padmaprasad B'luru.

I, PRANAY KUMAR UTTAMCHAND, Residing at #1 & 2/1,7th A Main, 7th Crs, Basavanagudi - 560028, have changed my name to PRANAY UTTAM CHAND JAIN, vide affidavit dated 18/12/2023, sworn before notary Venkataramu H G, Bangalore.

I, Aswath Lakshmamma R/o No.18, 1st main, 6th cross, Sanjeevini nagar, Moodalapalya, Bengaluru 560072 have changed my name Aswath Lakshmamma Esturi Shivashankar Shetty, affidavit Dt.18/12/2023 notary Harisha G, B'luru

I, Nagraja Guptha Paladi Anantharmaiah Setty R/o Eswarana Gudi Road, Ward 16, Subbarayanapete, Chikkaballapura 562101 have changed my name Nagaraja Guptha Paladi Anantharamaiah Setty affidavit Dt.18/12/2023 notary Harisha G, Bengaluru

I, SRIDHAR, S/o Kalyani residing at No.1/130, Post Bidanur, Afzalpur Taluk, Kalburgi District-585265 have changed my name to SRIDHAR MULAGE, vide affidavit dated 02.11.2023 sworn before notary Chandrakala, B.lore.

I NAYAZ AHAMED SHARIFF S/o FAYAZ AHAMED SHARIFF R/o No: 60/3 , 1st Main Road, 17th Cross, Bapujinagar, Bangalore 560026 have changed my name to NAYAZ AHMED SHARIFF for all purposes

I, Micheal Abhilash J R/o No. 11/12, Thayappa Garden, Bilekahalli, Bangalore 560076 have changed my name as Micheal Abhilash to Micheal Abhilash J vide affidavit No IN-KA69864875291833V dated 14.12.2023.

I Adarsh Penugondla s/o Satyanarayana P, R/o 16/17 1st floor netaji nagar 2nd main kempapura hebbal Bangalore 560024. Have changed my Name to Adarsh Satyanarayana Penugondla. (Adarsh P S)

I, Sudarshan K R S/o K S Rajan (Rajan K S), R/o Bengaluru have changed my name to Sudarshan Rajan S/o Kuruchi S Rajan and same will be used for all future purposes.

I, Mahamed Yusaf S/o Abdul Rahim Sab R/o #786-1 ,1st Cross, Gandhinagra Tumkur karnataka-572201 have changed my name to Mohammed Yusuf for all purposes.

I BAKKAS KHAN S/o MASTHAN KHAN R/o No: 133, 5th Main Road, Devaraj Urs Nagar, Old Guddadahalli, Bangalore 560026 have changed my name to BAKASH KHAN for all purposes

I, PRAGYAA UTTAMCHAND, residing at #1 & 2/1, 7th A Main, 7th Crs, Basavanagudi - 560028, have changed my name to PRAGYA UTTAM CHAND JAIN, vide affidavit dated 18/12/2023, sworn before notary Venkataramu H G, Bangalore.

I Miss Ritu D/O, Ravi Parkash Aggarwal R/o 84, Ferns Habitat, Outer Ring Road, Marathahalli, Bengaluru 560037 have changed my name to Ritu Aggarwal.

Metro commuters want parking integrated on NCMC

CONTINUED FROM PAGE 1

at all metro stations during operational hours, the sale of Contactless Smart Cards (CSC) has been restricted to specific time slots between 8 am to 11 am and 5 pm to 8 pm.

Public transport experts said that this is because other public transport systems, such as buses run by the Bangalore Metropolitan Transport Corporation (BMTC) and the suburban rail running on a minute network, do not accept payments made through NCMC.

Currently, 53.85% of metro users commute using cards, 46.06% rely on tokens that can be bought at ticket counters and through online ticketing, while the rest buy tickets in groups. Sanjeev Dyamannavar, a rail activist, had noted that the sales might see a significant drop soon.

BMRCL on Saturday urged commuters to report any excess charges taken by parking contractors to the customer care centre while putting out the standard fare to be collected for various vehicles for specific durations. Instances of commuters complaining of parking fee malpractice are frequent, leading them to urge the BMRCL to introduce NCMC payments.

"If they do this, then with an additional home guard or a Karnataka State Industrial Security Force (KSISF) personnel, they can manage the parking lots. Parking tenders are tedious and go through repeated calls," noted Sunil HP, a resident of the city on X (formerly Twitter).

On the other hand, not all stations have parking facilities. "For stations like Attiguppe that do not have adequate parking spaces, this suggestion will make no difference. The BMRCL must collaborate with the BMTC to provide reliable feeder bus services to stations that do not have a parking facility.

They must also urge the corporation (BMTC) to get on board with the requirements for NCMC payments. This mechanism would work in a similar fashion and prove to be more effective as it would reduce the usage of personal vehicles," said Eshwar M Shavi, a student and frequent bus user.

Covid subvariant: Hospitals, PHCs on alert

CONTINUED FROM PAGE 1

the situation daily. Only if we observe an unusual surge will we consider taking further action."

Adding to Rao's comments, Dr C Nagaraja, Rajiv Gandhi Institute of Chest Diseases director, said: "It's important to note that this is a sub-lineage of Omicron, as observed in Kerala. While reports from Kerala indicate that the infection is in a mild form, we are taking proactive measures and making necessary preparations."

As per the report published in Times of India, Kerala's health minister Veena George clarified that though the new subvariant (JN.1) was detected, there was no need for concern as there has been no increase in hospital admissions.

Rao further added that after the experts' meeting, several advisories will be issued. "Individuals aged 60 and above, as well as those with comorbidities, cough, cold, or fever, are advised to wear masks. All hospitals and primary health centres have been put on alert. Surveillance will be intensified in Kodagu, Chamarajanagar, and Dakshina Kannada districts," he explained.

Dr Sadashiva, Dakshina Kannada district health officer, said: "As of now, we are not setting up any check posts at borders or screening anyone returning from Kerala. However, we are keeping a close watch on the surging cases in Kerala."

Medical education minister Dr Sharanprakash Patil said: "The doctors are already on alert so that we can handle any kind of alarming situation. As of now, we have not got any complete information; we are waiting for reports from the neighbouring Kerala and Centre. The officials have already been instructed and the health ministry is overseeing it."

Meanwhile, Nagaraja said, "On Monday, a mock drill was conducted at the Rajiv Gandhi Institute of Chest Diseases. The government had instructed us two days ago to prepare for the availability of beds, ventilators, HDU, Noninvasive ventilation (NIV), drugs, PPE kits, etc. Previously, during the past waves, we established a 171-bed covid field hospital through a public-private partnership.

A Technical Advisory Committee meeting is scheduled for Tuesday to assess the situation. It is crucial for everyone to adhere to guidelines such as social distancing, wearing masks, and frequent handwashing. In case of any symptoms, seeking medical help is advised.

We are conducting RTPS and RAT tests for symptomatic patients and have allocated 20 ICU beds, 10 each for SARI cases and general ICU. Drawing from our experiences in the past three waves, there is no need to panic. Currently, four patients are stable, with two having co-morbidities.

Two patients referred from Jayadeva Institute of Cardiology on December 12 will be discharged soon. The remaining two patients, one from our hospital and the other from Jayanagar General Hospital, are also stable."

Telecom Bill 2023

In public emergency, govt can take over communication network

Bill introduced in LS as Oppn demanded statement on Parliament breach

#NEW DELHI

A new telecom bill, introduced in Lok Sabha on Monday, allows the government to temporarily take control of telecom services in the interest of national security, drops OTT in definition of telecom services and provides for non-auction route for allocation of satellite spectrum.

The Centre will take temporary possession of telecom network in case of any public emergency or in the interest of public safety, as per the Telecommunications Bill, 2023.

The bill proposes to stop transmission and intercept messages in case of public emergency, in the interest of public, to prevent incitement for committing offence etc.

"On the occurrence of any public emergency, including disaster management, or in the interest of public safety, the central government or a state government or any officer specially authorised in this behalf by the central government or a state government, if satisfied that it is necessary or expedient so to do, by notification—take temporary possession of any telecommunication service or telecommunication network from an authorised entity," the bill said.

The bill was introduced in the lower house by Communications Minister Ashwini Vaishnaw amid din over Opposition demanding statement by Home Minister Amit Shah on the Parliament security breach issue.

When Vaishnaw initiated the process of introducing the bill, BSP member Ritesh Pandey opposed its introduction as it was being brought in as a Money Bill and would not require approval of the Rajya Sabha. Pandey also sought that the bill be sent to a parliamentary committee since there are concerns relating to privacy.

According to the bill, the press messages meant for publication in India of correspondents accredited to the Centre or state governments shall not be intercepted or detained unless their transmission has been prohibited under rules applicable for public emergency, public order etc.

Telecommunications Bill, 2023 proposes to stop transmission, intercept messages in case of public emergency, to 'prevent incitement to commit offence'

> **"Press messages meant for publication in India of correspondents accredited to the Centre or state govts shall not be intercepted unless their transmission has been prohibited..."** –The bill

The bill proposes allocation of spectrum to satellite communications companies through administrative method.

The move is in line with demand of global satellite services companies and rejects argument made by domestic telecom players Jio and Vodafone Idea for allocation of spectrum for commercial use through auction only.

While the bill defines transmission of messages through wire or wireless technologies as telecommunication, official sources said the definition is as per the old Act, and the internet-based messaging and calling apps like WhatsApp, Telegram, Google Meet etc will be covered under IT rules and not under telecom laws as per government rules of business allocation.

With this move, the ongoing consultation process around over-the-top apps can no longer be continued by the Telecom Regulatory Authority of India (Trai), sources clarified.

"The central government shall assign spectrum for telecommunication through auction except for entries listed in the First Schedule for which assignment shall be done by administrative process," the bill said. The first schedule has 19 cases for which spectrum will be assigned through administrative process including global mobile personal communication by satellites, national long distance and international long distance services, mobile satellite services, VSAT, In-Flight and maritime connectivity, BSNL and MTNL.

The bill defines cases when spectrum will be assigned through administrative method. "Auction will be the preferred mode of spectrum allocation. However, in cases where auction of spectrum is not the preferred mode of assignment due to technical or economic reasons or to serve public interest or to perform government function, the spectrum will be assigned administratively," an official citing the bill said.

–PTI

NIA arrests 8 ISIS agents in 19 raids across four states

In a major crackdown against the Islamic State of Iraq and Syria (ISIS), the National Investigation Agency (NIA) on Monday raided 19 locations across four States and arrested eight operatives of the banned terror outfit's Ballari module, foiling plans of the accused to carry out terror acts, especially IED blasts.

Those arrested include its leader, Minaz, alias Md Sulaiman from Ballari. Others arrested are Syed Sameer from Ballari; Anas Iqbal Shaikh from Mumbai; Mohammad Muniruddin, Syid Samiullah alias Sami, Md Muzammil from Bengaluru; Shayan Rahman alias Hussain from Delhi; and Md Shahbaz alias Zulfikar alias Guddu from Jamshedpur.NIA teams swooped down on the 19 locations spread across Ballari and Bengaluru in Karnataka; Amaravati, Mumbai and Pune in Maharashtra; Jamshedpur and Bokaro in Jharkhand and Delhi. The eight ISIS agents arrested during the raids were involved in actively promoting terror and terror-related acts and activities of ISIS, the proscribed organisation, said the NIA.

The raids also led to the seizure of explosive raw materials.

–ANI

The residential building in Byadarahalli, Bengaluru where three youths were arrested by NIA

'Sought time with PM to discuss B'luru'

#BENGALURU/ NEW DELHI

Deputy Chief Minister DK Shivakumar on Monday said that he has sought a meeting with Prime Minister Narendra Modi to discuss irrigation projects and development of Bengaluru city.

Interacting with reporters at Karnataka Bhavan in Delhi, he said: "I have asked for time with the Prime Minister to discuss fund allocation for irrigation projects in the state including Upper Bhadra project, and Bengaluru city development, I am waiting for the confirmation.

"The Prime Minister has given time for the Chief Minister's meeting. The CM will be discussing many key issues including drought relief, increase in MGNREGA man days, etc. My meeting with the PM is yet to be confirmed and hence I have asked for time from the Union Ministers in the meanwhile." Asked about the meeting with the Congress top leadership, he said: "A meeting is scheduled but I can't discuss the agenda of the meeting..."

Actor Kichcha Sudeepa calls on Deputy Chief Minister DK Shivakumar, in Bengaluru on Sunday

Slap fine on villagers who didn't act against nude parade: HC to Govt

#BENGALURU

The Karnataka High Court on Monday expressed the opinion that the villagers who stood mute spectators as a Dalit woman was stripped and paraded naked, should be fined by the Government, and the amount must be given to the victim.

A Division Bench, headed by Chief Justice PB Varale and Justice Krishna S Dixit, while looking into the PIL filed regarding the case, further stated that the Karnataka Government should make a provision for punishment or imposition of fines on the people of Vantamuri Village in Belagavi district where the incident took place.

The Bench mentioned that William Bentinck, a Governor General of British-occupied India, imposed additional duties on villages where people indulged in thefts. Likewise, if additional duties are levied in the present circumstances, the people will show more responsibility in future.

"If people turn mute spectators when such incidents occur, what message goes out to society? The villagers who displayed cowardice for selfish goals should understand their responsibility towards the community. Such acts cannot be tolerated. The Government has to impose additional duties and collect fines from every resident of the village," the Bench stated.

"The behaviour of the villagers at a time when a woman is stripped and assaulted, being mute spectators, is condemnable. If incidents like this are to stop in the future, a message has to be delivered to civil society. In this backdrop, we are ordering the collection of fines," the Bench explained.

Advocate General Shashi Kiran Shetty, representing the Government, submitted that a person named Jahangir helped the woman. "When the incident took place, there were 60 to 70 people, and no one, including gram panchayat members, dared to help the victim," said Advocate General Shetty.

"The victim has undergone counseling, and better treatment is being administered. Her health is improving daily.

IANS

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Kakuro

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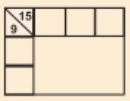
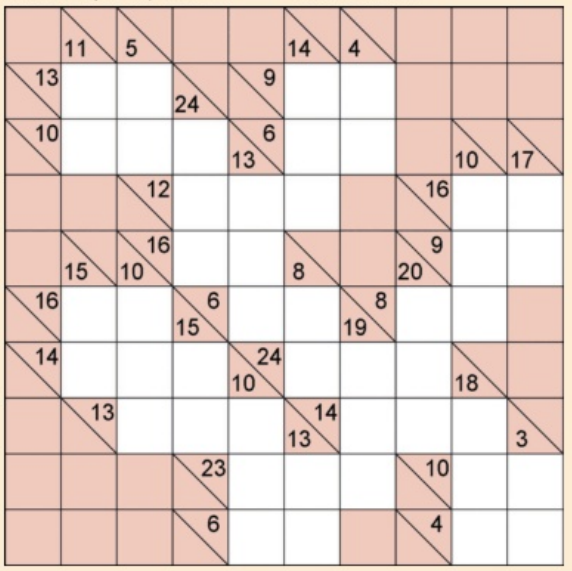
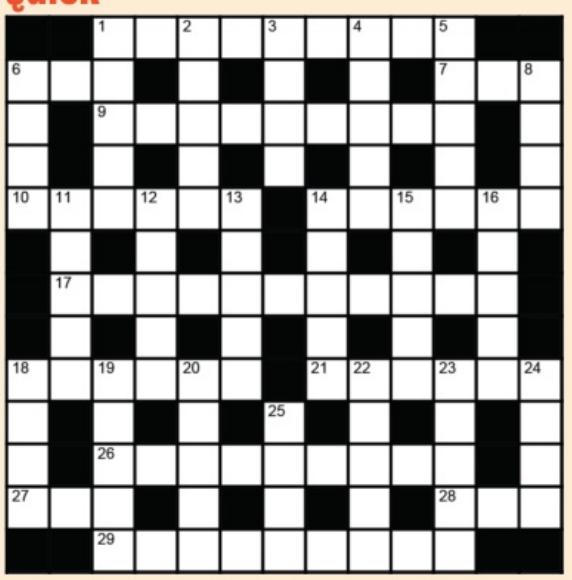


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Former Karnataka Chief Minister who went on to become Prime Minister of India (4,5)
6 Author of The Raven (3)
7 Motor vehicle (3)
9 Variety of avalanche (9)
10 Frightens (6)
14 State of equilibrium (6)
17 Abnormal fear of being in open spaces (11)
18 He may plead your case for you (6)
21 Release money (6)
26 Isotope of hydrogen (9)
27 Giant's curse (3)
28 Might (3)
29 Card game for one (9)

DOWN

1 Greek letter (5)
2 Poison (5)
3 The main point (4)
4 Hand joint (5)
5 Testifies (5)
6 Entreaty (4)
8 Seizes suddenly (4)
11 South American animal (5)
12 Spacious (5)
13 One of a series of steps (5)
14 Bollywood's ___ Ludhianwi (5)
15 Indonesian island - "ban Mo" anagram (5)
16 NW US state (5)
18 One of many in a tree (4)
19 Walks through shallow water? (5)
20 At par; proportionate (5)
22 Proof of non-participation (5)
23 French river (5)
24 Oodles (4)
25 Dexterous (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: D EQUALS U

AJD QXKXY LJ RPQL JDZ NIVZ WVUXE AJD ZPHU, VQL VRZXY V NIPTX PZ'E DQPWSJYZVQZ.

Linemaro

Your body fat percentage is perfectly suited for your height

Mindchow

Don't ever lose hope, God didn't place us here without ways to cope

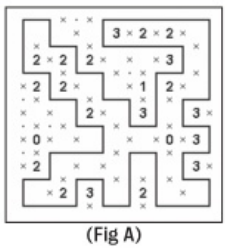
Joke of the day

There will never be an "Escalator temporarily out of order" sign; only an "Escalator temporarily stairs - sorry for the convenience."

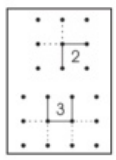
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

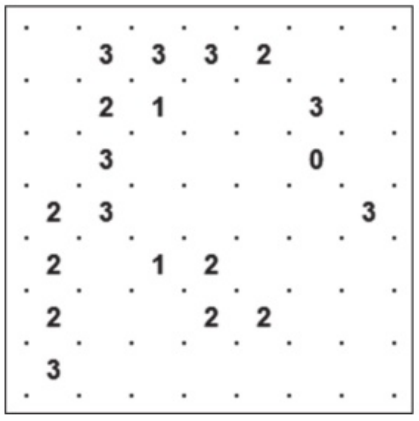


(Fig B) Not Allowed

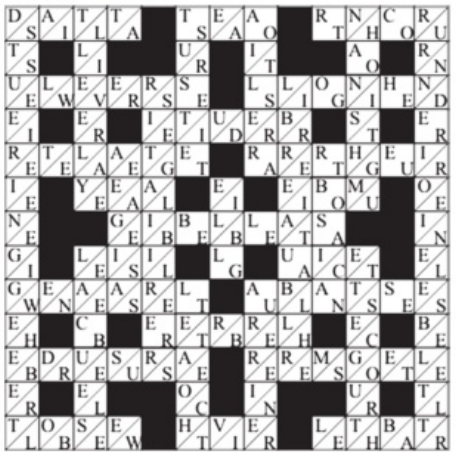
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



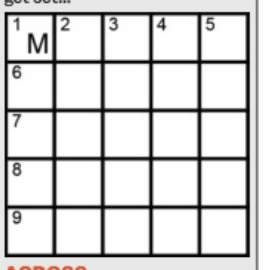
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Lo Mad; 6 A race;
7 Kinds; 8 Abe is;
9 I memo

DOWN

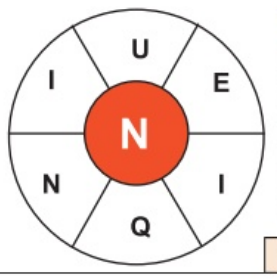
1 Dam am; 2 I rob I;
3 I mend; 4 Cake E;
5 Solas

Mensapuzzle

What number should replace the question mark?

71, 81, 74, 77, 77, 73, 80, 69, ?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

01 Average; **02** Good; **03** Outstanding

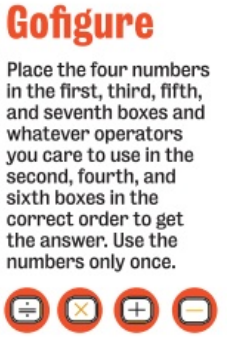
SudokuChallenge

			1				8	
1	6	5		7				
				2				6
4		3		9	5		2	
5				8				3
	9		6	4		1		5
8				6				
				3		9	6	2
	2				7			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 12
3 5 5 9

Medium = 7
2 9 9 9

Hard = 3
2 9 9 5

Hocusfocus

Find at least six differences in details between panels.

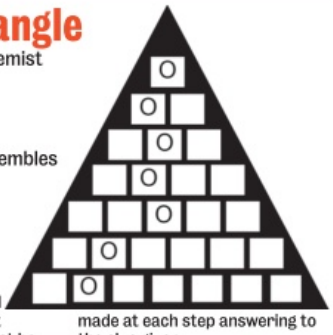
Differences: 1. Towel is longer. 2. Doorknob is missing. 3. Mirror is smaller. 4. Doorway opening is not as wide. 5. Woman's hand is moved. 6. Shoe is different.

Riddler

Linda is 31 years old, single, outspoken, and very bright. She majored in philosophy. As a student, she was deeply concerned with issues of discrimination and social justice, and also participated in anti-nuclear demonstrations. Which is more probable?
1) Linda is a bank teller.
2) Linda is a bank teller and is active in the feminist movement.

Alpha triangle

1 Oxygen for the chemist
2 Not off
3 Heavy weight
4 Fame or renown
5 Quarry yield
6 Some musical ensembles
7 Permission



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

No witnesses were able to place him at the crime scene.
Wayno & Piraro 9-30-23
BIZARRO.COM Dist. by King Features ©2023 BIZARRO STUDIOS

Diamond Lil

Hart of the city

BRRRR...
ZREEE!
WE'RE OKAY!
THE GENERATOR IS GIVING US POWER NOW, BUT WE ALL NEED TO SLOWLY AND SAFELY HEAD TO THE BASEMENT DUE TO THE TORNADO WARNING!
I DON'T WANNA DIE HERE! I WAS SUPPOSED TO DIE IN TOKYO!
HEART OF THE CITY © 2023 ANDREWS MCMEEL

Crankshaft

NOT ONLY DID THE GRANDMA WHO CAUGHT MY BUS LET THE WORLD KNOW ON INSTAGRAM...
BUT SHE ALSO 'GOPROED' IT AND POSTED THE VIDEO ON YOUTUBE!
YOU'RE GOING TO NEED TO SPEAK ENGLISH.
9-28
BATIUK & DAVIS tombatiuk.com/books

Mutts

YESH, LIKE ALL SHUPER-HEROES I HAVE A SHECRET IDENTITY I KEEP HIDDEN FROM ALL!
MOOCH, DIN-DIN!
I'M GOING TO LEAVE NOW, BUT I CAN'T TELL YOU WHY BECAUSE IT'S A SHECRET.
9-30
mutts.com

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are blessed by the moon. Things may be under control, you will enjoy work, and your focus may be good, which will reflect in your way of working. Your wisdom will help you make difficult decisions in your profession. Your past investments are likely to give profits, which may boost your savings. Speculation is advised to avoid.

Taurus Apr 21 – May 20
Today, you may have a dull feeling. You may be dissatisfied. You may not enjoy your day. You may be a victim of arrogance. It may affect both your professional and domestic lives. You may internally feel a lack of confidence, which may stop you from doing something creative at work.

Gemini May 21 – Jun 21
Today, you may feel energetic. You may perform efficiently at work; your hard work may pay you now, which may boost your confidence. Property-related disputes with the siblings are likely to be resolved now. Your meeting with an influential person may boost your network. Disputes with the partner may also be resolved.

Cancer Jun 22 – July 23
Today, you are blessed by the moon, which makes you happy. You are polite with the people around you. You may make some difficult decisions in business with the help of your family members. You are likely to get a big order with the help of your communication skills, which may increase the business. You are advised to be careful with throat, ear, and eye issues.

Leo Jul 24 – Aug 23
Today, you are blessed by the moon. You may have good internal strength; you may enjoy work and romantic moments with your spouse, which may improve domestic harmony. You are likely to implement new ideas in the family business, and your perfection may help you implement the plans successfully. Job seekers may find a good job. Lovebirds are advised to avoid discussions on worthless topics.

Virgo Aug 24 – Sep 23
Today, you may be dull and disappointed. You are advised to control your arrogance; otherwise, you may face some losses due to your harsh speaking while you are talking with people around you. Love birds should be careful when having discussions on worthless topics; it may be a reason for a breakup in the relationship.

Libra Sep 24 – Oct 22
Today, there may be peace in the mind. You may plan to invest some capital in the business, which may increase its liquidity. Your earnings may boost your bank balance. You may enjoy romantic moments with your spouse, which may enhance harmony in family life. Singles are likely to find a good match. Lovebirds may make the decision to get married.

Scorpio Oct 23 – Nov 22
Today, you may be very happy, and your losses may be converted into profits. Your boss may be happy and appreciate your work. You are likely to make some changes to your place or position at work in terms of promotions. You are likely to control opponents and hidden enemies. Lovebirds may take important decisions in terms of marriage with the help of relatives.

Sagittarius Nov 23 – Dec 22
Today, the moon is positive; your destiny will help you. You are likely to visit some religious place with your family or friends. You may plan to donate some amount to any religious place or to some charity. Property-related deals are likely to be done. You may plan for overseas travel related to work. You may also plan for higher education.

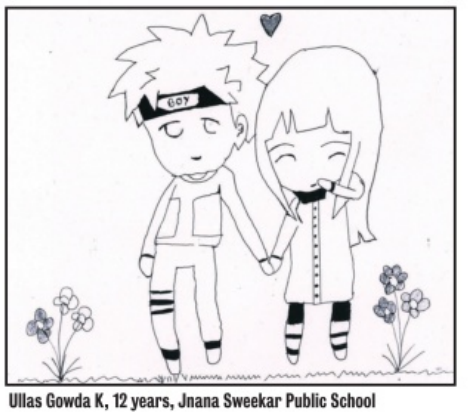
Capricorn Dec 23 – Jan 20
Today, the moon is negative. You may be a victim of conspiracies. You are advised to avoid being involved in controversies and to avoid making arguments in domestic life. You should also avoid rash driving or any adventure tours. You may also be attracted to the occult. Natives related to research, occult, science, and geology may perform their best.

Aquarius Jan 21 – Feb 19
Today, you may be busy at work. You may be energetic, which may speed up your project. You may be able to make quick decisions, which will increase your business. You are likely to start a new innovation in partnership. Investments in fixed assets with the business partner are not advised.

Pisces Feb 20 – Mar 20
Today you are blessed by the moon, you may perform well at work, and you may expect some promotions or transfers in terms of gains. You may also plan to change your current job. Your relations with the seniors will be strong. Old health issues will be cured now. You are advised to control your eating habits; it may create stomach issues.

KIDZONE

Myraa Makhija, 8 years, Trio World School


Ullas Gowda K, 12 years, Jnana Sweekar Public School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER
1) Linda is a bank teller. Most people guess number two, but the probability of two events occurring together is always less than or equal to the probability of either one occurring alone. This problem is known as the Conjunction Fallacy.

SOLVE IN 1M
7 ÷ 7 * 9 + 3 - 5 =
7 × 1/7 * 9 + 3 - 5 =
7/7 * 9 + 3 - 5 =
1 * 9 + 3 - 5 =
9 + 3 - 5 =
12 - 5 = 7

FAST FIVE

M	O	D	A	L
A	R	E	C	A
D	I	N	K	S
A	B	I	E	S
M	I	M	E	O

STRIKE OUT

L	O	S	E		H	I	E		E	T	A	T		

QUICK

MENSA PUZZLE
83: there are two alternate sequences: +3 and -4.

BULL'S EYE
ennui, nine, QUININE

QUOTE UNCODE
You never do find out what makes you tick, and after a while it's unimportant.

SUDOKU

6	2	9	5	1	7	8	3	4
7	5	1	8	3	4	9	6	2
8	3	4	9	6	2	7	5	1
2	9	8	6	4	3	1	7	5
5	7	6	2	8	1	4	9	3
4	1	3	7	9	5	6	2	8
3	8	7	4	2	9	5	1	6
1	6	5	3	7	8	2	4	9
9	4	2	1	5	6	3	8	7

ALPHA TRIANGLE
0, On, Ton, Note, Stone, Nonets, Consent.

GO FIGURE
Easy
5 - 5 + 3 + 9 = 12
9 - 2 × 9 / 9 = 7
Hard
5 × 9 / 9 - 2 = 3

LOOP

KAKURO

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 # Depardieu statue out
A French museum on Monday removed a wax likeness of film superstar Gerard Depardieu, the management said, in the latest such measure taken against the actor accused of sexual assault

Waxing eloquent

It's a special moment for actor Ranveer Singh as he got his wax figures displayed at the iconic Madame Tussauds museum in London.

Taking to Instagram, Ranveer shared a few pictures from the museum as he posed alongside his wax statues.

"Growing up, I was fascinated by old photos of my parents alongside some of the world's most famous & prominent personalities, only to realize that they were wax figures at London's famed Madame Tussauds. The allure of that mythical museum stayed with me, making it surreal to now have my very own wax figure there. Gratitude fills me as my figure stands amongst the most accomplished personalities in the world. An unforgettable moment, compelling me to reflect on the magical cinematic journey that has led me to this moment," Ranveer captioned the post. Ranveer also shared a photo of his mother posing with his wax statue and wrote, "My whole universe #Maa. See how proud she is. God is kind. I am truly blessed."

Ranveer's wax figure is seen in a colourful sherwani. Another wax figure shows the actor in a black suit with a white pattern and a bow.

The actor's post is filled with congratulatory wishes.

—ANI

Ranveer super happy to pose at Madame Tussads

NEW YEAR, NEW START

News is Samantha plans to resume work with extra energy from 2024

After taking a break from acting in July this year to focus on her health, Samantha Ruth Prabhu is now reportedly planning to resume work from next year. According to a report in Hindustan Times, she is considerably better now, describing her condition as rejuvenated. There's no denying the significant improvement in her health, with increased energy levels.

Taking some time off and traveling globally exposed her to various experiences, and she intends to channel this newfound energy into her work. The report also added that Samantha is gearing up to resume her acting commitments and return to the set early next year. Anticipation surrounds her eagerness to get back to work, especially coinciding with the Citadel promotions. There are also indications that she might kick off a new project that she is supporting.

After completing the Indian segment of the action-thriller Citadel, Samantha decided to take a hiatus from acting. During this break, her primary focus was on addressing her health concerns and undergoing treatment for the autoimmune condition Myositis in the United States. Additionally, she utilized the time to travel extensively around the world. The actor recently revealed her venture into production, formally launching her own production house. She conveyed her commitment to produce content that reflects "new age expression and thought." —ETimes

Cute throwback

Actor Ananya Panday on Monday took a stroll down memory lane and shared a throwback video from her childhood days.

Taking to Instagram, Ananya dropped the video which she captioned, "Enthu cutlet from day 1."

In the short clip, the 'Dream Girl 2' actor is seen reciting a poem. Towards the end of the clip, Ananya even playfully falls to the ground, promptly blaming another child named Nirvaan Panday.

Soon after she dropped the video, her friends, family members and fans swamped down the comment section and dropped red hearts and fire emoticons. Ananya's mother Bhavana reacted and wrote, "Hahahahha always !!!!, " followed by red heart emoticons.

Actor Karisma Kapoor dropped a red heart emoticon.

Neelam Kothari Soni wrote, "So cute," followed by heart emoji.

Chunky Panday and Bhavana Panday tied the knot in January 1998. They have two daughters, Ananya, an actress, and Rysa. —ANI

Not one for the road

Making Monday brighter with her smile, actor Parineeti Chopra shared a selfie from her road and revealed that she hates such trips. Taking to Instagram, Parineeti treated fans with a picture of herself while flaunting her big smile for her Insta family.

In the picture, Parineeti is seen wearing a printed white- oversized t-shirt and black Sharing the picture, she wrote, "A girl who hates road trips but smiles for the gram."

As soon as the picture was uploaded, fans and followers chimed in the comment section.

One of the users wrote, "Your smile that what matters to us."

Another user commented, "I hate road trips too"

Meanwhile, she is gearing up for her upcoming film 'Chamkila'.

Parineeti recently revealed that she gained 15 kg for her role in Imtiaz Ali's film.

And now, to shed those extra kilos, she has resumed working out. —ANI

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Average students

There are many movies in Kannada with unique and amusing titles. The latest to join the list of such movies is Just Pass. Its teaser was released recently. Sri and Pranathi are the lead pair in the movie helmed by KM Raghu while KV Shashidhar bankrolled it under the Roys Entertainment banner.

Raghu said he was at the village fair when he got a call from his friend from Mysuru. "My friend asked me to rush to Mysuru to narrate the script to a prospective producer who wants to bankroll a Kannada movie. Producer Shashidhar gave me a green signal after I narrated the script to him. The story is about a college for students who have scored average marks in exams," said Raghu.

Shashidhar said he came to Bengaluru to realise his dream of becoming an actor. "I had to shift my focus after receiving no response. Now, I bankrolled this movie to give newcomers a chance to act," he said.

Birthday gift!

Halesh from Davangere is excited about the chance to realise his long-cherished dream of helming a Kannada movie. Halesh has also got the nod from Roaring Star Sri Murali to act in the film Parak. A motion poster of the movie was released on the occasion of Sri Murali's birthday on December 17.

"I met Sri Murali on December 17 last year to wish him on his birthday. I showed him a short film based on the script of Parak. Murali appreciated it and gave his okay. It took me one year to realise my dream. The selection of the remaining cast and crew is in progress," said Halesh.

It is said that most of the cast and crew will be from Davangere and surrounding areas. "I did not go to any film institute, but movies have been my passion since my high school days. I had the experience of helming a few short films, which have been appreciated by many," Halesh said.

According to the director, Parak will have all the ingredients to entertain the audiences.